What is claimed is:

- A method of providing benefits to an employee comprising:
 identifying at least one price for each of a plurality of line items within a benefit
 category; and
 offering said line items for purchase by said employee.
- 2. A method according to claim 1, said method further comprising: providing a predefined employer contribution to said employee for purchase of at least one of said line items.
- 3. A method according to claim 1, wherein said benefit category comprises insurance benefits.
- 4. A method according to claim 3, wherein said insurance benefits comprise health insurance benefits.
- 5. A method according to claim 4, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.

- 6. A method according to claim 1, wherein said prices are established based on prior cost data.
- 7. A method according to claim 1, wherein said prices are established based on actuarial data.
- 8. A method according to claim 1, said method_further comprising: identifying a plurality of options for purchase by said employee within said line items.
- 9. A method according to claim 8, wherein said options comprise cost sharing options.
- 10. A method according to claim 8, wherein said options comprise place of service options.
- 11. A method according to claim 8, wherein said options comprise benefit provider network options.
- 12. A method according to claim 8, said method further comprising: identifying a plurality of sub-options for purchase by said employee within said options.

- 13. A method according to claim 1, wherein said line items are offered for purchase by said employee through a user interface accessible through a computer network.
- 14. A method according to claim 13, wherein said computer network is a local area network.
- 15. A method according to claim 13, wherein said computer network is a global computer network and wherein said user interface is provided at a web site on said network.
- 16. A method according to claim 13, said method further comprising: identifying factors on said user interface for said employee to consider in connection with the purchase of one or more of said line items.
- 17. A method according to claim 13, said method further comprising:

 querying said employee through said user interface for personal information related to said employee; and

 explaining the need for said personal information on said user interface.
- 18. A method according to claim 1, said method further comprising:

creating data representing each said line item purchased by said employee; and transmitting said data to a benefit claims processing vendor configured to automatically build a benefit profile for said employee based on said data.

- 19. A method according to claim 18, wherein said claims processing vendor is configured to confirm eligibility for payment of benefit claims based on said benefit profile.
- 20. A method according to claim 1, said method further comprising:

 creating data comprising personal information related to said employee and
 representing each said line item purchased by said employee; and
 transmitting said data to a customer service vendor configured to automatically
 build a customer benefit summary for said employee based on said data.
- 21. A method of providing healthcare to an individual comprising:

 identifying a price for at least one healthcare line item for said individual; and

 offering said at least one line item for purchase by said individual.
- 22. A method according to claim 21, said method further comprising: providing a predefined contribution to said individual for purchase of at least one of said line items.

- 23. A method according to claim 22, wherein said individual is an employee and said predefined contribution is provided by said employee's employer.
- 24. A method according to claim 21, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.
- 25. A method according to claim 21, wherein said price is established based on prior cost data.
- 26. A method according to claim 21, wherein said price is established based on actuarial data.
- 27. A method according to claim 21, said method further comprising: identifying a plurality of options for purchase by said individual within said line items.
- 28. A method according to claim 27, wherein said options comprise cost sharing options.

- 29. A method according to claim 27, wherein said options comprise place of service options.
- 30. A method according to claim 27, wherein said options comprise benefit provider network options.
- 31. A method according to claim 27, said method further comprising: identifying a plurality of sub-options for purchase by said individual within said options.
- 32. A method according to claim 21, wherein said line items are offered for purchase by said individual through a user interface accessible through a computer network.
- 33. A method according to claim 32, wherein said computer network is a local area network.
- 34. A method according to claim 32, wherein said computer network is a global computer network and wherein said user interface is provided at a web site on said network.

- 35. A method according to claim 32, said method further comprising: identifying factors on said user interface for said individual to consider in connection with the purchase of one or more of said line items.
- 36. A method according to claim 32, said method further comprising:

 querying said individual through said user interface for personal information
 related to said individual; and
 explaining the need for said personal information on said user interface.
- 37. A method according to claim 21, said method further comprising:

 creating data representing each said line item purchased by said individual; and transmitting said data to a benefit claims processing vendor configured to automatically build a benefit profile for said individual based on said data.
 - 38. A method according to claim 37, wherein said claims processing vendor is configured to confirm eligibility for payment of benefit claims based on said benefit profile.
 - 39. A method according to claim 21, said method further comprising:

 creating data comprising personal information related to said individual and representing each said line item purchased by said individual; and

transmitting said data to a customer service vendor configured to automatically build a customer benefit summary for said individual based on said data.

- 40. A method of establishing a health care benefits offering to an employee group comprising:establishing a healthcare cost for said group; andestablishing a plurality of health care line items based on said cost.
- 41. A method according to claim 40, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.
- 42. A method according to claim 40, wherein said cost is established based on prior cost data.
- 43. A method according to claim 40, wherein said cost is established based on actuarial data.
- 44. A method according to claim 40, said method further comprising: establishing a plurality of options within at least one of said line items.

- 45. A method according to claim 44, wherein said options comprise cost sharing options.
- 46. A method according to claim 44, wherein said options comprise place of service options.
- 47. A method according to claim 44, wherein said options comprise benefit provider network options.
- 48. A method according to claim 44, said method further comprising: establishing a plurality of sub-options within at least one of said options.
- 49. A method according to claim 40, said method further comprising: presenting said line items on a user interface accessible through a computer network.
- 50. A method according to claim 49, wherein said computer network is a local area network.

- 51. A method according to claim 49, wherein said computer network is a global computer network and wherein said user interface is provided at a web site on said network.
- 52. A method of providing benefits to an employee comprising:

 establishing an account comprising a predefined employer contribution;

 offering a plurality of benefit line items to said employee for purchase; and deducting a cost associated with each benefit line item purchased by said employee from said account.
- 53. A method of according to claim 52, wherein said account further comprises an employee contribution.
- 54. A method according to claim 52, wherein said benefit category comprises insurance benefits.
- 55. A method according to claim 54, wherein said insurance benefits comprise health insurance benefits.
- 56. A method according to claim 55, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician

care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.

- 57. A method according to claim 52, said method further comprising: offering a plurality of options for purchase by said employee within said line items.
- 58. A method according to claim 57, wherein said options comprise cost sharing options.
- 59. A method according to claim 57, wherein said options comprise place of service options.
- 60. A method according to claim 57, wherein said options comprise benefit provider network options.
- 61. A method according to claim 57, said method further comprising: identifying a plurality of sub-options for purchase by said employee within said options.
- 62. A method according to claim 52, wherein said line items are offered for purchase by said employee through a user interface accessible through a computer network.

- 63. A method according to claim 62, wherein said computer network is a local area network.
- 64. A method according to claim 62, wherein said computer network is a global computer network and wherein said user interface is provided at a web site on said network.
- 65. A method according to claim 62, said method further comprising: identifying factors on said user interface for said employee to consider in connection with the purchase of one or more of said line items.
- 66. A method according to claim 62, said method further comprising:

 querying said employee through said user interface for personal information
 related to said employee; and
 explaining the need for said personal information on said user interface.
- 67. A method according to claim 52, said method further comprising:

 creating data representing each said line item purchased by said employee; and
 transmitting said data to a benefit claims processing vendor configured to
 automatically build a benefit profile for said employee based on said data.

- 68. A method according to claim 67, wherein said claims processing vendor is configured to confirm eligibility for payment of benefit claims based on said benefit profile.
- 69. A method according to claim 52, said method further comprising:

 creating data comprising personal information related to said employee and
 representing each said line item purchased by said employee; and
 transmitting said data to a customer service vendor configured to automatically
 build a customer benefit summary for said employee based on said data.
- 70. A system for providing benefits to an employee comprising:

 at least one database comprising data representing at least one price for each of a plurality of line items within a benefit category;

 at least one processor for accessing said database; and a user-interface for accessing said processor to allow purchase of at least one of said line items by said employee.
- 71. A system according to claim 70, wherein said database further comprises data representing a predefined employer contribution to said employee for purchase of at least one of said line items.

- 72. A system according to claim 70, wherein said benefit category comprises insurance benefits.
- 73. A system according to claim 72, wherein said insurance benefits comprise health insurance benefits.
- 74. A system according to claim 73, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.
- 75. A system according to claim 70, wherein said database further comprises data representing a plurality of options for purchase by said employee within said line items.
- 76. A system according to claim 75, wherein said options comprise cost sharing options.
- 77. A system according to claim 75, wherein said options comprise place of service options.

- 78. A system according to claim 75, wherein said options comprise benefit provider network options.
- 79. A system according to claim 75, wherein said database further comprises data representing a plurality of sub-options for purchase by said employee within said options.
- 80. A system according to claim 70, wherein said user interface is accessible through a computer network.
- 81. A system according to claim 80, wherein said computer network is a local area network.
- 82. A system according to claim 80, wherein said computer network is a global computer network and wherein said user interface is provided at a web site on said network.
- 83. A method of processing a benefit claim for an individual comprising:

 receiving a signal comprising data representing individual line items within a
 benefit category purchased by said individual;

automatically building a benefit profile for said individual based on said data; and confirming eligibility for payment of said claim based on said benefit profile.

- 84. A method according to claim 83, wherein said benefit category comprises insurance benefits.
- 85. A method according to claim 84, wherein said insurance benefits comprise health insurance benefits.
- 86. A method according to claim 85, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.
- 87. A method according to claim 83, wherein said signal further comprises data representing at least one option purchased by said individual within at least one of said line items.
- 88. A method according to claim 87, wherein said option comprises a cost sharing option.

- 89. A method according to claim 87, wherein said option comprises a place of service option.
- 90. A method according to claim 87, wherein said option comprises a benefit provider network option.
- 91. A method according to claim 87, wherein said signal further comprises data representing at least one sub-option purchased by said individual within said option.
- 92. A method according to claim 83, wherein said signal is received from a local area computer network.
- 93. A method according to claim 83, wherein said signal is received from a global computer network.
- 94. A method of providing customer service to an individual purchasing benefits comprising:
- receiving a signal comprising data representing individual line items within a benefit category purchased by said individual;

creating a summary of said individual benefit line items from said data; and referring to said summary to answer questions from said individual relating to said individual benefit line items.

- 95. A method according to claim 94, wherein said data further comprises personal information related to said individual.
- 96. A method according to claim 94, wherein said benefit category comprises insurance benefits.
- 97. A method according to claim 96, wherein said insurance benefits comprise health insurance benefits.
- 98. A method according to claim 97, wherein said plurality of line items comprises line items selected from the group consisting of: preventative care, physician care, hospital care, emergency care, pharmacy care, alternative care, vision care, and behavioral health care services.
- 99. A method according to claim 94, wherein said signal further comprises data representing at least one option purchased by said individual within at least one of said line items.

- 100. A method according to claim 99, wherein said option comprises cost sharing option.
- 101. A method according to claim 99, wherein said option comprises a place of service option.
- 102. A method according to claim 99, wherein said option comprises a benefit provider network option.
- 103. A method according to claim 99, wherein said signal further comprises data representing at least one sub-option purchased by said individual within said option.
- 104. A method according to claim 94, wherein said signal is received from a local area computer network.
- 105. A method according to claim 94, wherein said signal is received from a global computer network.